



RULES

VARSITY RULES

AS A MEMBER OF MIDTOWN VARSITY, I PLEDGE:

1. I'm at least 12 years old and have graduated from the Varsity Permit program.
2. I'll wear my Learner's Permit wristband every time I work out to show I'm a Varsity graduate.
3. If I attend an adult group exercise class, it will be bodyweight workouts only (e.g. Zumba®, WERQ®, Yoga, BODYCOMBAT™, BODYATTACK™)
4. If I'm 12-13 years old, my parents will be within eyesight of me on the Fitness Floor at all times.
5. If I'm 14-15 years old, my parents will be present in the club.
6. I'll always wear a shirt and proper footwear (e.g. no bare feet or open-toed shoes).
7. I'll always be polite and courteous to those working out around me and will never swear or curse.
8. I'll never drop weights on the Fitness Floor.
9. I won't talk on my cell phone in between sets.
10. I'll only rest 30-60 seconds between sets and will always allow other members to work in with me between my sets.
11. I'll always wipe down equipment after each use and put everything away when I'm done.
12. I'll be respectable at all times.



MIDTOWN
ATHLETIC CLUB